



EMERSONS GREEN NEWSLETTER

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Your Practice Manager

Lee Brankin

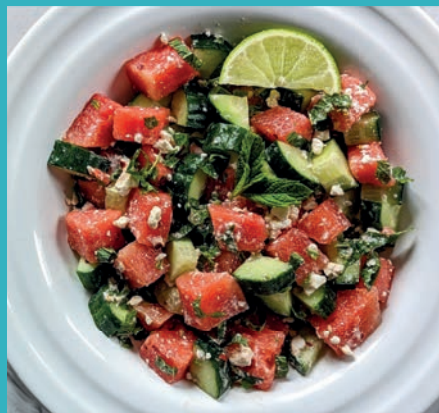
I'm always available to answer your questions. Please feel free to contact me:

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HIGHLIGHTS



Doctors Insight

How healthy is your child's spine?

As parents, we do all we can to prioritise our children's health and well-being. We strive to build a nurturing environment to help them reach their full potential. However, one crucial aspect often overlooked is spinal health. A healthy spine is essential for overall development and long-term well-being. We want our kids to be healthy, but the problem is, spinal health issues often go unnoticed until they reach adult hood. Whether this be through childbirth or accidents, **children's spines have problems too**. This can lead to long-term issues if not addressed early in life.



So here's some helpful tips to help you look after your children's spine:

1. Teach Them Correct Posture

They won't know what good posture is until you show them. Remind them to sit and stand up straight, keeping their shoulders back and their heads aligned with their spines. Avoiding slouching and hunching over devices can prevent unnecessary strain on the spine. Instead of looking down, teach them to raise the phone or tablet to eye level.

2. Backpack Awareness

Help them choose a backpack that is comfortable and appropriately sized. Ensure they wear two padded straps to distribute the weight evenly across their shoulders and back. A heavy backpack slung over one shoulder can lead to imbalances and strain on the spine. Make sure they only carry 10-15% of their body weight on their backs.

3. Provide Healthy Sleep Surface and Position

A firm, spine-friendly mattress will set your child up for success during the day. Not only will they sleep better, but it will also improve their posture throughout the night. If they sleep on their back, suggest that they keep a pillow underneath their knees. If they sleep on their side,

place a pillow between their knees while they sleep. Never encourage them to sleep on their tummy!

4. Active Lifestyle

Promote physical activity and regular exercise. Engaging in activities such as swimming, yoga, and pilates can help strengthen core muscles that support the spine. Sports and outdoor play also contribute to overall spinal health, promote brain development, focus, social skills, and immune response. Another way to improve their overall health is by making them stretch regularly. When combined with chiropractic care, you've got a winning pair.

5. Promote Clean, Healthy Foods

Nutrition plays an important role in our children's health. Eating healthy, clean foods will provide them with the needed nutrients for growth, cognitive function, and a strong immune system. Focus on nutrient-dense foods, hydration, and reducing processed sugars and unhealthy fats. While perfection is challenging, aim for a balance of 80/20, where consistency and long-term commitment to healthy eating habits offer significant benefits.

In conclusion, nurturing a healthy spine in children includes **a combination of education, lifestyle changes and awareness**. By creating **good habits early on**, you can set the foundation for a lifetime of strong spinal health. Taking action now may ensure that they have a **healthy spine throughout their adult hood**. Kids who have healthy spines grow to be adults who have healthy spines, and our less likely to have back pain, neck pain, spinal issues etc. Children who have unhealthy spines, with issues that go unaddressed, **will not grow into adults with healthy spines**.

Bring your children in for a free spinal check. It's free if you're a current patient.



- By Dr Nicole

A little bit about me

"Throughout my life, I struggled with back issues due to scoliosis. Experiencing the transformative power of chiropractic first-hand, I decided to become a chiropractor myself. My vision is for a community full of vibrant and healthier people who are able to do the things they love to do. It brings me joy to care for individuals at every stage of life, and by introducing them to the principles of natural health and the chiropractic lifestyle, I strive to help them experience a better quality of life."

Heal With Food

If you are not eating healthily, you will not heal as quickly.

You would have already heard us talk about the importance of drinking water after adjustments, and the **vital role of hydration in overall spinal and nervous system health and function**. But there are plentiful other reasons to make optimal hydration a top priority if you want to feel, function, and look your best! Eating healthy anti-inflammatory food is another way to **support your recovery so that you get well quicker**. Eating unhealthy foods can lead to low energy, slow or poor digestion, headaches, skin issues, muscle cramps or weakness, **reduced mental and physical performance**, increased cravings for processed foods, and even impair our immune system!

Here are some helpful, and practical ways to stay well hydrated. This hopefully paints a picture of why we should keep H2O front of mind when it comes to building and maintaining healthy habits.

1) Include plenty of fresh (or frozen) fruits and vegetables - Water intake doesn't just need to come from drinks. Regularly consuming foods with a high water intake all contribute too. Some of the best sources include melon, strawberries, peaches, oranges, cucumber, bell peppers, cauliflower, courgette, celery, lettuce, and cabbage.

2) Soups, salads and smoothies - A daily soup, salad, or smoothie will effortlessly help you pack in a variety of the foods listed above! Smoothie bases made of water, milk, nut milk, or coconut water will top up your total intake, as well as stocks used in soups or stews.

3) Add in electrolytes or a good quality mineral salt - good hydration also means having a balance of essential minerals; sodium, potassium, calcium, and magnesium. Consider adding in electrolytes or a pinch of good quality pink or sea salt to a glass of water or two, especially if you are active, regularly workout, or during warmer weather, as the minerals lost in sweat need replacing.

4) Get creative with flavours - Add a burst of flavour to water using ingredients such as lemon, lime, cucumber, orange, grapefruit, and mint to make it more enjoyable. Or, if you prefer to quench your thirst from hot beverages, opt for some herbal teas. Mint, turmeric, and rooibos are my favourite caffeine free options but find any that suit your tastes.

Extra tips

- Invest in a good quality reusable water bottle! Stainless steel will be best for keeping liquids hot or cold as wanted.
- If you have trouble remembering to drink regularly throughout the day try setting a reminder on your phone or watch at regular intervals.
- Leave out a glass ready for the morning in an obvious place, to drink first thing, as we always wake up a little dehydrated.

Watermelon salad recipe

This simple recipe makes the most refreshing salad, hitting the perfect balance of a sweet, salty, and slightly spicy crunch! Perfect for doubling up and feeding a crowd as a side, but where it does have a high water content it is best enjoyed on the day and made up just before or close to serving.

Ingredients

- 1/4 large or 1/2 small/baby watermelon
- 1 large cucumber (or 2 small)
- 1/4 cup fresh mint and basil
- 1/2 cup feta
- Optional; very finely cut jalapeños
- 1/3 tsp salt
- 1-2 TBSP Olive oil
- Juice and zest of 1 lime

Method

1. Cut up the watermelon and cucumber into similar bite size pieces and add to a large bowl.
2. Roughly chop the fresh herbs, and finely slice the jalapeños if using.
3. Combine all of the above together with crumbled feta, lime zest and juice, olive oil, and salt.
4. Great served alongside any grilled or roasted meats, fish, or veggie burgers!

By Haidee Harvey-Brown - Chiropractic Assistant



Haidee Harvey-Brown -
Chiropractic Assistant



Community News

To make sure that you have access to the best possible care, we're always learning and improving our Chiropractic knowlegde.



Dr Liam Rice speaking at Chiro Europe

When you go to see a chiropractor, or any kind of health care professional, sometimes it can be challenging to know whether or not they're properly trained, and if they have the tools at their disposal or the knowledge required to be able to help you.

Did you know that Willow invest more in training and development of their chiropractors than any other chiropractic team in Europe?

The Willow team are regarded as leaders in the profession, and we're often asked to train other chiropractors and speak at events and conferences, such as **Chiro Europe**. This year, several of our reception team will be going to the **UCA Conference** to speak to other Chiropractic Assistants from around the UK.

When you come into any of our clinics, you're always going to be seen by somebody who is at the top of their field. Our team has received much training and have the best skills to help you get well and stay well. You're always in qualified hands.

If you're interested in finding out more about the training your chiropractor has received over and above their five year master's degree, **ask them when you're next in clinic.**

What's Happening in the Emersons Green Community?

Our wonderful patient Lisa, has shared her story with us:

"I have suffered with significant health issues over the last 5 years that have majorly affected my physical ability. Since starting my treatment with Dr Lacey Prosser, I have seen the following changes:

- ***A dramatic improvement in my physical ability.***
- ***I had a large lump on the back of my neck, that has majorly reduced in size.***
- ***Improved posture and a general feeling of balance in my life.***

*I raved so much about my treatment to my husband, he has now also started being treated by Dr Lacey Prosser. After only a few adjustments **he feels there has been a significant improvement in his mindset**, he has also had **no headaches recently**. He's also benefited from, **improved mood** and there has also been an **improvement with his gut health**. As a family we have been **so impressed we have now booked in our 8 year old son for treatment**. These improvements have been **life changing for us**, and I cannot recommend Willow Chiropractic enough."*

Here's a little bit about Lisa's business, Gel Landscaping and Groundworks:

Lisa and her partner realised that there was a need for a reliable, skilled and customer focussed landscaping and groundworks business. The company has over 18 years' experience working in groundworks and demolition, and their beautifully designed landscapes can significantly enhance the aesthetic appeal, and value of any property. Their team of skilled professionals are equipped with the knowledge and creativity to bring their clients landscaping dreams to life.

What sets Gel Landscaping apart is their unwavering commitment to excellence in every aspect of their work. From the initial consultation to the final touches, they prioritise open communication, attention to detail, and meticulous craftsmanship. If you would like to find out more about their business, head to **gellandscaping.co.uk**



Miracle Stories

Sarah's Story

*"Back in May, **my car broke down and I had to push it.** I foolishly did this by pressing my lower back into the body of the car and applying as much force as possible. **The pain was excruciating and left me barely able to walk.** The sensation was like a fire in the left side of my pelvis sending its sparks sporadically into my left leg. I was already on strong daily painkillers for abdominal pain caused by the various meshes and titanium fixings from five right side femoral hernia repairs. I had been on various types of strong analgesic medication daily for over a decade. Mesh pain, I had been told, was here to stay, something to be "managed". **I really didn't want more pain killers and started to consider my options.***

*The first appointment was mainly a chat with Gus, who explored my medical history and the extent of my pain. We talked about the fit and active person I had once been and my hopes for my future and **I found it so easy to open up to him... My greatest fear at this stage of my life was that all the best bits were behind me.** With Gus's passion for chiropractic techniques and his optimistic take on the potential for my future, **he started to give me hope. I walked out of that appointment far easier than I had walked in,** but that was only the start of my Chiropractic journey with Gus. As the weeks passed, the changes in my body became apparent and the extent to which those newly opened and refreshed neural pathways in my back and neck impacted my everyday life went **far beyond any of my expectations.***

*A few weeks into my treatments, my back was still sore but improving steadily and I was far more mobile. What I wasn't expecting was that my stress incontinence, which I had just thought was a miserable fact of life for a woman of a certain age, was cured completely and, even more incredibly, **I was completely free of mesh pain and had been able stop taking strong painkillers.** And my sleep had improved noticeably. **These changes are phenomenal.** Years and years of abdominal pain have stopped. Years of feeling those strong drugs dulling my mind are over. And a bit of good sleep just makes everything feel better.*

*I am nothing short of grateful to Gus for the changes he has brought about in me and **I am in awe of the reach that those adjustments to my spine and pelvis have had on my health more broadly.** It is not just my physical well being that has been so positively impacted, my **mental health is taking a turn for the better as well.***

*Gus is the perfect travelling companion on this adventure into the world of chiropractic Not only is he a master of his craft, but he is a fine human being, full of **positivity, reassurance, charm and enthusiasm.** My life has been full of journeys, but this one has been very special and it's not over yet. Thank you Gus. **It's been life changing."***

Sarah

“My mental health is taking a turn for the better.”

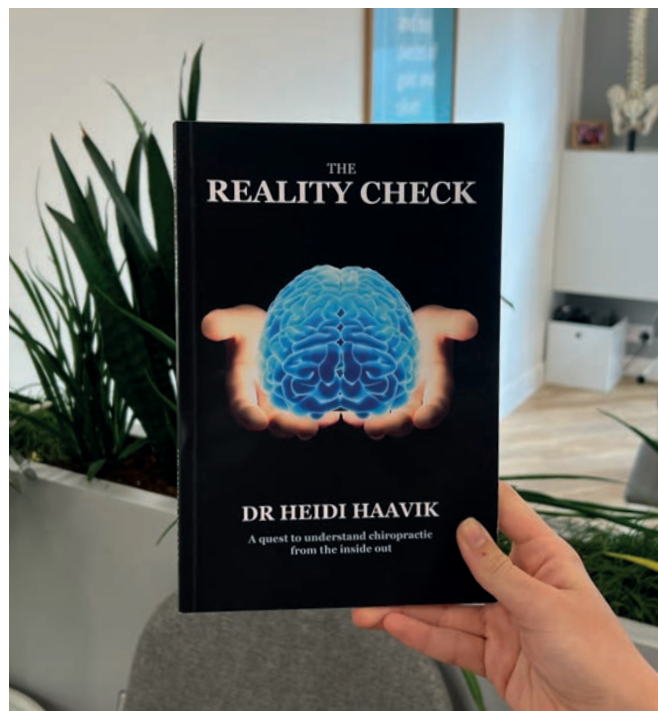


Our Book Recommendations

The Reality Check

Have you ever wondered why people are less stable as they age? Why it's easier to have trips and falls as you get older?

Well, Dr. Heidi Haavik's book 'The Reality Check' explains the part that **proprioception plays in balance**. As we get older, our coordination is reduced and our balance is off, so it's easier for us to fall over and drop things. So what's proprioception? Proprioception is the body's ability to sense movement, action and location. In other words, **it's your body knowing where your body parts are**. One of the reasons that this reduces over time is because of the health of our nervous system. The impacts of spinal health on our nervous system is an important element to consider as we age over time.



Proprioception is present in every muscle movement you have. **Without it, you wouldn't be able to move without thinking about your next step consciously**, which is not only inefficient but demanding on our brains. The most extreme example of this would be someone who's had a stroke, and their ability to move efficiently is compromised due to injury to the brain.

However, if you have poor spinal health and your nervous system is not functioning at its best, that can impact your proprioception **particularly as you age**. Dr. Heidi also explains the concepts in a really **easy to understand language** that will give you a better understanding of how working with chiropractic, you're able to not only protect but improve your proprioception. She uses very simple analogies to help you to digest some quite complicated concepts. If you have a curious mind, you can delve deeper into the literature...

Another interesting point made by Dr. Heidi is how the **chiropractic adjustment can lead to your muscles miraculously feeling stronger in an instant**. It is believed that by adjusting vertebral subluxations, we can change the way that your brain sends messages to your muscles. **Feeling stronger is a typical result of the muscle receiving clearer messages from the brain**, which makes it easier to perform a stronger contraction of the muscle than before. If you're interested in finding out more about how proprioception plays a part in your balance and movement as you age, then this is a great read for you.

- This months book recommendation was by Dr Ryan



A little bit about Ryan

"My patients come to me because they can't live the life that they want to live. There is no greater privilege than to be able to apply what I've learned to help them get out of pain and get back to the life that they want to live. I understand what it's like to suffer. As a rugby player. I experienced a number of injuries, and it became clear to me that caring for my body was essential for me to be able to play well and enjoy a good quality of life. I was so inspired by the impact that chiropractic had on me that I felt compelled to study chiropractic, so that I could help people in the way that it helped me."

I'm so fortunate to have been a chiropractor for the last eight years and it brings me great joy to share my knowledge and skills and the important message of looking after your body."

Snuff Mills



Emersons Green Walk Of The Month



Willow - CA

Calling All Dog Lovers

Snuff Mills

Snuff Mills is a paradise for your dogs, with many areas to paddle in the water, lots of woodlands to sniff and paths to investigate. To the side of the old mill is the beautiful weir on which the River Frome flows. Just past this, you can let your dogs off the lead, and if you continue following the river, you will find lots of excellent spots for your dogs to enjoy a swim. Let's see what Willow, our lovely CA assistant, has to say about this walk...

"I love a good walk through Snuff Mills. The tall trees and calming streams really help clear your mind. You can make your walk as short or as long as you like with plenty of routes back up to the main roads. With lots of wildlife and a few benches along the way, I find this walk perfect when joining a friend who has a dog or a little one but also great for a solo mission."

What To Know:

- The car park is pay and display and there is a perfect little coffee shop to visit on your walk.
- Snuff Mills is part of the Frome Valley Walkway, so you can walk to Oldbury Court Estate very easily from here, just follow the River Frome! If feeling adventurous, you can even walk to Eastville Park and Frenchay Moor.

Here's a map to help you out!





Dr Olly's Recommendation - A New Habit

Walking Backwards

Are you looking for a simple yet effective way to boost your knee health? Well, here's a suggestion that might sound a bit unconventional but can make a significant difference: try walking backward a few times a week. Despite the curious glances you might receive, the benefits it offers to your knee health are well worth it. Walking backward may seem unusual, but it **engages the muscles in your shin and knee that play a crucial role in enhancing stability**, particularly during deceleration.

Knee issues often arise during moments when we need to slow down or change direction, making this unconventional exercise a valuable tool in maintaining and improving knee health. **It's suitable for people with no knee issues and those who have dealt with osteoarthritis or other related problems.** When we walk backward, our body mechanics change. This shift forces our knees and shins to work in ways they aren't accustomed to during regular forward walking. The muscles that are activated during reverse walking are the same ones responsible for stabilising our knees, which can help prevent injuries and improve existing conditions. **Walking backward can be especially beneficial for those dealing with osteoarthritis**, a common knee condition that causes pain and stiffness. By incorporating reverse walking into your routine, you can help alleviate some of these symptoms and improve your overall knee function. Of course, **it's crucial to consult with a healthcare professional before starting any new exercise program, especially if you have underlying knee issues.**

If you're interested in exploring reverse walking and its potential benefits, I highly recommend checking out the **"kneesovertoesguy" on YouTube**. This channel is dedicated to providing valuable insights and tips for improving knee health through various exercises, including reverse walking. You'll find instructional videos, testimonials, and expert advice that can guide you on your journey toward stronger, healthier knees. In addition to the physical benefits, **reverse walking can also be mentally refreshing**. It's a unique and enjoyable way to break the monotony of your regular fitness routine while still reaping the rewards of improved knee health.

In conclusion, reverse walking may seem like a quirky exercise, but it has the potential to make a significant difference in your knee health. Engaging the muscles involved in stability and deceleration **can help prevent knee issues and improve existing conditions, making it a valuable addition to your fitness routine**. Don't be deterred by the curious looks you might get—take a step backward and forward toward healthier, stronger knees.

Your chiropractic adjustment rhythm

These four habits are essential to support your chiropractic care and they will help you to get well faster and stay well.

Daily:

1. Stand on both legs evenly
2. Sit on both sitting bones evenly

Post adjustment:

3. Drink a glass of water immediately
4. Go for a 10 minute walk before sitting

If you feel tired later in the day, it may be because the chiropractic adjustment has stimulated the body's healing process and your body wants to rest. You should always move straight after an adjustment. But if later in the day you feel like taking a nap don't feel guilty. Look after yourself. This is your time to heal.

Do you know someone in pain?

Do you know someone suffering with back pain, neck pain, or headaches? We can help.

We are committed to helping the local community get out of pain, and back to doing what they love. That's why if your loved ones mention your name when they book in, they will receive a complimentary Consultation and Report of Findings appointment.

Bring them in for their initial consultation and let us help your loved ones to take their first step towards better spinal health and wellness today.

Scan this QR to book your loved ones in for a complimentary Consultation and Report of Findings appointment.



To make an appointment, visit our website willowlife.co.uk or call us 0800 511 8966



Win a £50 John Lewis Voucher

Scan the QR code and complete the quiz for a chance to win! Competition ends 1st November.



Are Your Colleagues Suffering?

Set up a free wellbeing workshop for your workplace

Did you know that 41% of absences in the workplace are caused by problems which originate in the spine? This includes backache, neck ache, headaches, sciatica etc. We can help you and your colleagues to combat the aches, pains and low energy levels that lead to poor motivation at work. We do this with a free of charge service that's available to companies in the Bristol area, providing one to one spinal checks for your team. Our qualified and experienced chiropractors will work closely with you and your colleagues to identify the root cause of their pain. We will provide information and guidance to help you all get back control of your own health so that you can be part of a healthy working environment.

Cost

Nothing. It's completely free. We are on a mission to help the people of Bristol enjoy a better quality of life, and so we offer these services for free. We'd love to connect with new people and share our expertise.

Package

We offer free of charge wellbeing workshops for local companies, which includes a health talk and 1-2-1 spinal checks for the for the whole team.

A wellbeing workshop helps with the following:

1

Reduced Aches & Pains

3

Improved Productivity, Mood & Energy

2

Reduced Absence

4

Reduced Stress & Tension

We can help set up a free wellbeing workshop at your workplace. Reach out to events@willowlife.co.uk for more information.